

**AMENDMENTS TO THE CLAIMS**

Claims 1-16. (new)

Claim 17. (new) A dietetic food product or pharmaceutical product comprising one or more omega-3-fatty acid-containing oils.

Claim 18. (new) The dietetic food product or pharmaceutical product of claim 17 wherein the dietetic food product or pharmaceutical product comprises one or more plant extracts.

Claim 19. (new) The dietetic food product or pharmaceutical product of claim 18 wherein the one or more omega-3-fatty acid-containing oils can increase the bioavailability of secondary plant ingredients from the one or more plant extracts.

Claim 20. (new) The dietetic food product or pharmaceutical product of claim 17 wherein the one or more oils are selected from fish oil, linseed oil and perilla seed oil.

Claim 21. (new) The dietetic food product or pharmaceutical product of claim 18 wherein one or more plant extracts contain secondary plant ingredients selected from the group comprising polyphenols, isoprenoids, glucosinolates and sulfides.

Claim 22. (new) The dietetic food product or pharmaceutical product of claim 18 wherein the plant extract contains flavones as secondary plant ingredients.

Claim 23. (new) The dietetic food product or pharmaceutical product of claim 18 wherein one or more plant extracts are an extract from the group of the following plants: Aesculus hippocastanum, Althaea, Allium cepa, Brassica nigra, Camellia sinensis, Carum carvi, Cimicifuga racemosa, Crataegus oxyacantha, Echinaceae purpurea, Ginkgo biloba, Glycine max, Hedera helix, Humulus lupulus, Hypericum perforatum, Linum usitatissimum, Mentha piperita, Myrtus communis, Opuntia ficus-

indica, Panax ginseng, Silybum marianum, Trifolium pratense, Vaccinium myrtillus, Vitex agnus-castus and Vitis vinifera.

Claim 24. (new) The dietetic food product or pharmaceutical product of claim 17 comprising wherein bioavailability upon oral administration is increased.

Claim 25. (new) The dietetic food product or pharmaceutical product of claim 24 wherein the dietetic food product or pharmaceutical product is in form of a capsule.

Claim 26. (new) A method for increasing the bioavailability of secondary plant ingredients from plant extracts, comprising:

administering to a subject one or more plant extracts together with one or more omega-3-fatty acid-containing oils.

Claim 27. (new) The method of claim 26 where in the one or more omega-3-fatty acid-containing oils are selected from fish oil, linseed oil and perilla seed oil.

Claim 28. (new) The method of claim 26 wherein the one or more plant extracts contain secondary plant ingredients selected from the group comprising polyphenols, isoprenoids, glucosinolates and sulfides.

Claim 29. (new) The method of claim 26 wherein the one or more plant extracts contain flavones as secondary plant ingredients.

Claim 30. (new) The method of claim 26 wherein the one or more plant extracts are from the group of the following plants: Aesculus hippocastanum, Althaea, Allium cepa, Brassica nigra, Camellia sinensis, Carum carvi, Cimicifuga racemosa, Crataegus oxyacantha, Echinaceae purpurea, Ginkgo biloba, Glycine max, Hedera helix, Humulus lupulus, Hypericum perforatum, Linum usitatissimum, Mentha piperita, Myrtus communis, Opuntia ficus-indica, Panax ginseng, Silybum marianum, Trifolium pratense, Vaccinium myrtillus, Vitex agnus-castus and Vitis vinifera.

Claim 31. (new) The method of claim 26 wherein the one or more plant extracts and the one or more omega-3-fatty acid-containing oils are contained in a dietetic food product or in a pharmaceutical product.

Claim 32. (new) The method of claim 26 wherein wherein bioavailability upon oral administration is increased.

Claim 33. (new) The method of claim 26 wherein the one or more plant extracts and one or more omega-3-fatty acid-containing oils are in the form of one or more capsules.

Claim 34. (new) Use of omega-3-fatty acid-containing oils for increasing the bioavailability of secondary plant ingredients from plant extracts.